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## The New Year

♦♦♦♦♦ The New Year—Crash of bells—Shrill of whistles—Joy ♦♦♦♦♦  
 ♦♦♦♦♦ crazed, reeling, singing mass of people—Has the world come to ♦♦♦♦♦  
 ♦♦♦♦♦ its end? If not that, has man forgot he is on the verge of a new ♦♦♦♦♦  
 ♦♦♦♦♦ era in his life? Scarcely that for he knows only too well. Why ♦♦♦♦♦  
 ♦♦♦♦♦ then the turmoil and confusion? ♦♦♦♦♦  
 ♦♦♦♦♦ The ancient law of Balance, as spirits soar, thoughts sink ♦♦♦♦♦  
 ♦♦♦♦♦ within until they touch bed-rock—our hearts. Youth with its ♦♦♦♦♦  
 ♦♦♦♦♦ wild fantastic castles built on clouds, tinged with stardust, ♦♦♦♦♦  
 ♦♦♦♦♦ mystic depths, romance and adventure lie in wait. Others be ♦♦♦♦♦  
 ♦♦♦♦♦ hold before them the most cherished of all dreams unfold. The ♦♦♦♦♦  
 ♦♦♦♦♦ home—a happy family; its corner for books, may curtains, cozy ♦♦♦♦♦  
 ♦♦♦♦♦ nook; a place wherein one already hears one's friends "Oh" ♦♦♦♦♦  
 ♦♦♦♦♦ and "Ah." ♦♦♦♦♦  
 ♦♦♦♦♦ There are other dreams, all perhaps waiting to be fulfilled. ♦♦♦♦♦  
 ♦♦♦♦♦ There are thoughts more powerful, more profound than ♦♦♦♦♦  
 ♦♦♦♦♦ dreams, that light the eyes of aged ones, already beholding a ♦♦♦♦♦  
 ♦♦♦♦♦ glory vast and incomprehensible that lies beyond—a just reward ♦♦♦♦♦  
 ♦♦♦♦♦ for life well spent. ♦♦♦♦♦  
 ♦♦♦♦♦ Yes—This New Year may be the one to bring each of us our ♦♦♦♦♦  
 ♦♦♦♦♦ most cherished desire, but that is for the heart to feel—This for ♦♦♦♦♦  
 ♦♦♦♦♦ the world— ♦♦♦♦♦  
 ♦♦♦♦♦ Crash—Bang—Hurray and A Happy New Year, to All. ♦♦♦♦♦  
 ♦♦♦♦♦ —Robert Henricks Usher.

## New Year Recipes

**Menu for Dinner**  
 Broiled Veal Chop  
 Baked Potatoes  
 Escalloped Tomatoes  
 Beval Plum Jelly  
 Head Lettuce and French Dressing  
 Sliced Bananas and Cream  
 Sugar Cookies Tea

**English Plum Pudding**  
 1 cup sugar, 1 cup bread crumbs  
 1 cup flour, 1 cup boiling water,  
 1 1/2 cups chopped suet, 1 teaspoon  
 cloves, 2 teaspoons cinnamon, 1/2  
 teaspoon salt, 1 cup chopped figs,  
 1 cup chopped raisins, 1/4 cup  
 chopped citron, 1 teaspoon soda,  
 2 eggs.  
 Mix all the ingredients and half  
 fill well buttered pudding mold.  
 Cover with waxed paper and a lid.  
 Steam for three hours. Unmold  
 and serve hot with Golden Sauce.

**Golden Sauce**  
 1 cup dark brown sugar, 1/2 cup  
 corn syrup, 4 tablespoons butter, 1  
 cup milk, 1 teaspoon vanilla.  
 Mix all the ingredients and cook  
 slowly, stirring frequently, until  
 the sauce thickens. It will require  
 about 4 minutes to thicken. Serve  
 warm over the pudding.

**Steamed Jam Pudding**  
 1 cup flour, 1 cup bread crumbs,  
 1 cup thick jam (raspberry, straw-  
 berry, currant), 1/2 cup sugar, 1/2  
 cup chopped suet, 1/2 teaspoon salt,  
 1 teaspoon vanilla, 1/2 teaspoon  
 cloves, 1/2 teaspoon nutmeg, 1/2  
 teaspoon allspice (this may be  
 omitted), 1 egg, 1 1/2 cups milk,  
 2 teaspoons soda, 1 teaspoon bak-  
 ing powder.  
 Mix all the ingredients and half  
 fill a well greased pudding mold.  
 Steam for 3 hours. Serve hot with  
 Orange Sauce.

**Orange Sauce**  
 (This may be served with other  
 steamed puddings.)  
 1/2 cup sugar, 2 tablespoons flour,  
 1 cup orange juice and pulp, 1 cup  
 water, 2 tablespoons butter, 1 egg,  
 1 teaspoon lemon extract.  
 Mix the sugar and flour. Blend  
 well and add the orange juice and  
 water. Cook, stirring frequently,  
 until the sauce thickens. Add the  
 rest of the ingredients. Cook for 1  
 minute, stirring constantly. Serve  
 warm over the pudding.

**Stuffed Dates**  
 Dates permit of many different  
 methods of preparation. They may  
 be pitted and filled with candied  
 ginger, nut meats, peanut butter,  
 chopped raisins and nuts, fondant,  
 fudge, coconut candy or cheese.  
 They may then be rolled in granu-  
 lated or powdered sugar, soft fon-  
 dant, chopped nuts or browned  
 coconut. Any of these will fit  
 into the Christmas confection  
 boxes.

**Plum puddings improve in flavor**  
 when allowed to stand for sev-  
 eral days before serving.

**Thin slices of salt pork or bacon**  
 may be fastened in place with a  
 toothpick on the breast of a fowl  
 after it has been stuffed and is  
 ready for roasting.

**Wash the Bread Box**  
 Bread crumbs are all right in  
 their place, but the bread box is  
 no place for them. An invisible  
 crust which has been left there  
 too long may be the cause of  
 mouldy bread and an unpleasant  
 odor. To keep the bread box clean  
 and free smelling, it should be  
 washed at least once a week.  
 Apply hot suds inside and out-  
 side, then rinse in clear, warm  
 water, and dry thoroughly before  
 replacing the supply of bread.

## New Year's Dinner No Small Part of Celebration; These Recipes Will Help

The wave is breaking on the shore  
 The echo fading from the chime  
 Again the shadow moveth o'er  
 The dial-plate of time!

—Whittier.

Every country celebrates New Year's Day in its own way. To the French, New Year's is a more important holiday than Christmas, and while the peasant child places its sabot on the hearth for a gift at Christmas time, it is not until New Year's Day that adults exchange gifts with each other.

Scotland still retains the custom of open house at New Year's. It is a quaint superstition among the Scotch that he who is first to visit a family in the New Year will be lucky and prosperous throughout the year.

In the United States, New Year's Day is celebrated in various ways. There are many who still observe the custom of open house and make rounds of calls on this day.

On New Year's Eve, many theater parties, private dinners and public dances. To entertain at a dinner or dance seems to be the popular way to usher in the New Year.

**Fruit Cup**  
 Cream of Mushroom Soup  
 Celery Omelets Radishes  
 Roast Chicken Gravy  
 Riced Potatoes  
 Asparagus with Mock Hollandaise Sauce  
 Creamed Onions Butter Rolls  
 Pickles Cheese Straws  
 Banana Sherbet Devil's Food Cake  
 Coffee Mints

**Butter Rolls**  
 1 cup bread flour, 1/2 cup yeast, 1/2 cup milk, 1/2 cup butter or substitute, 1/2 cup sugar, 1/2 cup salt, 1/2 cup water, 1/2 cup hot water.  
 Sift flour, then measure. To 1/2 cup of flour add salt and shortening, combining as for pie crust. Add yeast and sugar to warm diluted milk, blend well, then stir into first mixture. Cover and let stand 20 minutes, then add eggs, vanilla and remaining 1/2 cup flour. Stir until well blended. The dough will be

## Happy New Year

By Louise D. Wolfe.

"Happy New Year"—the house cleaning time of the soul. The time when shabby habits of thought, the little meannesses of conduct are cast out and replaced with visions of good deeds to be done, high purposes to be accom-  
 plished, lofty ideals to be realized.  
 In order to develop into the best of which we are capable we each need desperately a guiding star, a fair vision of future joys to strive for, a something just beyond reach which the soul yearns to possess. It is in striving that happiness lies, not in attaining. When we have reached the goal of our striving, we must have another just beyond for which to strive. To honestly strive for something greater and better than we have is to be happy. Such a person knows not despair—disappointment, discouragement, perhaps, and weariness, but never despondency.

Happiness is a state of mind, not a condition nor a circumstance of life. It comes from within and may be ours for the asking. It is however, not ours to command. It must be wooed and won. To command it is to destroy it.

As we give of ourselves to others unselfishly, without hope of reward, so happiness is born, and so it lives. It comes not by quar-  
 reling nor discord, not by envy nor malice, not by cheating nor greed, but by love which asks nothing in return, but charity which gives with understanding, by unselfishness which seeks no praise. We are true philosophers when we clearly realize that what we keep we lose, what we give away we have. And then every year is happy.

## Move for Happy New Year

Up the long, long street of Living, up the long, long walk of ♦♦♦♦♦  
 ♦♦♦♦♦ life, marked with lots and lots of giving, and all staid with ♦♦♦♦♦  
 ♦♦♦♦♦ lots of strife, there has been a lot of building, and a brand new ♦♦♦♦♦  
 ♦♦♦♦♦ bit to pave. And a great big job of getting up mistakes made by ♦♦♦♦♦  
 ♦♦♦♦♦ the knife. And a long, long job of painting out mistakes made ♦♦♦♦♦  
 ♦♦♦♦♦ by the good, that at times with deeper tainting, spoil the finest ♦♦♦♦♦  
 ♦♦♦♦♦ sort of wood. And again a house is ready that's all prim and ♦♦♦♦♦  
 ♦♦♦♦♦ fresh and neat, and awaiting tenants steady—it's the latest on ♦♦♦♦♦  
 ♦♦♦♦♦ the street. And once more a year's all loaded at our house, ♦♦♦♦♦  
 ♦♦♦♦♦ across the way—a house a bit corroded like a house that's had ♦♦♦♦♦  
 ♦♦♦♦♦ its day. And a time has come upon it when our hands will shut ♦♦♦♦♦  
 ♦♦♦♦♦ its door, that perhaps have overthrown it. We won't bother any ♦♦♦♦♦  
 ♦♦♦♦♦ more. We'll just fly up the eave-yard, and just shut the sag- ♦♦♦♦♦  
 ♦♦♦♦♦ ging gate. We're then with all our working hard for Nineteen ♦♦♦♦♦  
 ♦♦♦♦♦ Twenty Eight.

At Number Nineteen Twenty Eight life sometimes was a ♦♦♦♦♦  
 ♦♦♦♦♦ lark, but somehow we have seen of late the rooms were very ♦♦♦♦♦  
 ♦♦♦♦♦ dark. The chimney smoked, the plaster fell, the walls got ♦♦♦♦♦  
 ♦♦♦♦♦ when it rained. And sometimes we were happy there, but ♦♦♦♦♦  
 ♦♦♦♦♦ sometimes we were not. It did its best—of course we care—but ♦♦♦♦♦  
 ♦♦♦♦♦ the wind came in a lot. And just across the way there waits ♦♦♦♦♦  
 ♦♦♦♦♦ this new house prim and fine. No straggly yards or sagging ♦♦♦♦♦  
 ♦♦♦♦♦ gates at Nineteen Twenty Nine! And no room there for old ♦♦♦♦♦  
 ♦♦♦♦♦ worn woe, or things that wear will break. Into that home shall ♦♦♦♦♦  
 ♦♦♦♦♦ only go the best we have to take. And all the silly things we ♦♦♦♦♦  
 ♦♦♦♦♦ bought the rusty cans of fate, can stay behind without a thought ♦♦♦♦♦  
 ♦♦♦♦♦ in Nineteen Twenty Eight. And what a lot of joy here! We ♦♦♦♦♦  
 ♦♦♦♦♦ just forget about to overlook and never see while we are ♦♦♦♦♦  
 ♦♦♦♦♦ moving out. And what a joy it is to know we need not give a ♦♦♦♦♦  
 ♦♦♦♦♦ care, but just pack up our best and go and leave those old ♦♦♦♦♦  
 ♦♦♦♦♦ things there.

Of course, new Nineteen Twenty Nine has yet itself to ♦♦♦♦♦  
 ♦♦♦♦♦ prove. But now it's fresh. It's all a-shine. Come on! ♦♦♦♦♦  
 ♦♦♦♦♦ Pack up! Let's MOVE!

## Humane Society

**Kind Deeds by Boys and Girls**  
 Miss Elizabeth W. Olney, of the Rhode Island Humane Education society, cites a number of instances that show the practical value of humane education, and the interest which many boys and girls take in the subject. Miss Blanchard, visiting a school in North Providence, met a seventh grade pupil, George Fournier, who with another boy saw a dog on a raft that was drifting to the middle of a pond. When the question was asked, "Who is going for him," the other boy replied "I am not, for it is too cold." So George went to the dog's rescue and brought him ashore.

♦♦♦♦♦ playing a facing press the first seam ♦♦♦♦♦  
 ♦♦♦♦♦ open. ♦♦♦♦♦  
 ♦♦♦♦♦ Put pockets on or make set-in ♦♦♦♦♦  
 ♦♦♦♦♦ pockets before starting to sew up ♦♦♦♦♦  
 ♦♦♦♦♦ seams of dress. ♦♦♦♦♦  
 ♦♦♦♦♦ Adds to Cake Flavor ♦♦♦♦♦  
 ♦♦♦♦♦ Children fat is good to make ♦♦♦♦♦  
 ♦♦♦♦♦ cakes that have a decided flavor, ♦♦♦♦♦  
 ♦♦♦♦♦ as chocolate, caramel or spice ♦♦♦♦♦  
 ♦♦♦♦♦ cakes.

## A Fine Idea for Party New Year's Eve

If you have ever had husbands, ♦♦♦♦♦  
 ♦♦♦♦♦ brothers and uncles standing ♦♦♦♦♦  
 ♦♦♦♦♦ around at a party wishing they ♦♦♦♦♦  
 ♦♦♦♦♦ were somewhere else, you will ap- ♦♦♦♦♦  
 ♦♦♦♦♦ preciate Sarah Field Spilint's bully ♦♦♦♦♦  
 ♦♦♦♦♦ suggestions for watch-night festi- ♦♦♦♦♦  
 ♦♦♦♦♦ vities.

About midnight you will sit ♦♦♦♦♦  
 ♦♦♦♦♦ down to a supper like the follow- ♦♦♦♦♦  
 ♦♦♦♦♦ ing which as you see, needs only a ♦♦♦♦♦  
 ♦♦♦♦♦ few last minutes warming up, the ♦♦♦♦♦  
 ♦♦♦♦♦ cooking done previously if you are ♦♦♦♦♦  
 ♦♦♦♦♦ wise:

Shrimps a la Newburg on Toast.  
 Saratoga Chips.  
 Celery Stuffed with Pimento.  
 Cheese.  
 Every-Ready Rolls Currant Jelly.  
 Nuts.  
 Damson Plum Tart.  
 Coffee. Egg Nog.  
 And here is Miss Spilint's recipe for egg nog:

6 egg yolks, 1-1/2 cup sugar, 1-1/2 ♦♦♦♦♦  
 ♦♦♦♦♦ cup flavoring, 5 egg whites, 1/2 ♦♦♦♦♦  
 ♦♦♦♦♦ cup sugar, 1 cup heavy cream.  
 Chill all ingredients thoroughly. ♦♦♦♦♦  
 Beat egg yolks until thick and ♦♦♦♦♦  
 ♦♦♦♦♦ lemon colored, adding sugar gradu- ♦♦♦♦♦  
 ♦♦♦♦♦ ally. Let stand in refrigerator ♦♦♦♦♦  
 ♦♦♦♦♦ until sugar is completely dissolved. ♦♦♦♦♦  
 ♦♦♦♦♦ This may be done in the morning. ♦♦♦♦♦  
 ♦♦♦♦♦ Just before serving add sherry ♦♦♦♦♦  
 ♦♦♦♦♦ flavoring. Add salt to egg whites ♦♦♦♦♦  
 ♦♦♦♦♦ and beat until stiff. Fold into the ♦♦♦♦♦  
 ♦♦♦♦♦ yolks. Beat cream until very stiff ♦♦♦♦♦  
 ♦♦♦♦♦ and fold into egg mixture. Mix ♦♦♦♦♦  
 ♦♦♦♦♦ lightly into all glasses. This mix- ♦♦♦♦♦  
 ♦♦♦♦♦ ture is stiff and must be eaten ♦♦♦♦♦  
 ♦♦♦♦♦ with a spoon.

## Laying the New Roof

While it was formerly consid- ♦♦♦♦♦  
 ♦♦♦♦♦ ered that the first step in re-roof- ♦♦♦♦♦  
 ♦♦♦♦♦ ing was the tearing off the old ♦♦♦♦♦  
 ♦♦♦♦♦ shingles, this is no longer the ac- ♦♦♦♦♦  
 ♦♦♦♦♦ cepted method. For the modern ♦♦♦♦♦  
 ♦♦♦♦♦ way of doing it is to lay a new ♦♦♦♦♦  
 ♦♦♦♦♦ roof over the old. This not only ♦♦♦♦♦  
 ♦♦♦♦♦ avoids mess and dirt inside as well ♦♦♦♦♦  
 ♦♦♦♦♦ as outside the house, and the pos- ♦♦♦♦♦  
 ♦♦♦♦♦ sibility of damage from a sudden ♦♦♦♦♦  
 ♦♦♦♦♦ storm while the work is in progress ♦♦♦♦♦  
 ♦♦♦♦♦ but strengthens the roof and ♦♦♦♦♦  
 ♦♦♦♦♦ greatly increases its resistance to ♦♦♦♦♦  
 ♦♦♦♦♦ the passage of heat.

## Judge Believes in Dogs

A correspondent informs us that ♦♦♦♦♦  
 ♦♦♦♦♦ Judge Latimore of Washington, D. ♦♦♦♦♦  
 ♦♦♦♦♦ C., asks each child brought before ♦♦♦♦♦  
 ♦♦♦♦♦ him if he has a dog. The judge ♦♦♦♦♦  
 ♦♦♦♦♦ claims he has never had a per- ♦♦♦♦♦  
 ♦♦♦♦♦ sistent case of delinquency in a ♦♦♦♦♦  
 ♦♦♦♦♦ boy who owns a dog.

## PRETTY TWINS ARE DEBUTANTES



Eleanor (left) and Louise Miller, twin daughters of former Governor Nathan Miller of New York, are debutantes this season.

## NEW YEAR PLEA

♦♦♦♦♦ Let me be a little kinder. ♦♦♦♦♦  
 ♦♦♦♦♦ As I tread this fleeting ♦♦♦♦♦  
 ♦♦♦♦♦ earth. ♦♦♦♦♦  
 ♦♦♦♦♦ Let me be a little blinder ♦♦♦♦♦  
 ♦♦♦♦♦ To men's faults, the while ♦♦♦♦♦  
 ♦♦♦♦♦ their worth ♦♦♦♦♦  
 ♦♦♦♦♦ Thrills me with the mystic ♦♦♦♦♦  
 ♦♦♦♦♦ beauty. ♦♦♦♦♦  
 ♦♦♦♦♦ That is fairer than the rose, ♦♦♦♦♦  
 ♦♦♦♦♦ As I humbly walk with duty ♦♦♦♦♦  
 ♦♦♦♦♦ In the path that Jesus ♦♦♦♦♦  
 ♦♦♦♦♦ knows. ♦♦♦♦♦  
 ♦♦♦♦♦ Let me be a bit more cheery. ♦♦♦♦♦  
 ♦♦♦♦♦ As I wander to and fro. ♦♦♦♦♦  
 ♦♦♦♦♦ So that I may help the weary. ♦♦♦♦♦  
 ♦♦♦♦♦ Bear the burdens of their ♦♦♦♦♦  
 ♦♦♦♦♦ woe. ♦♦♦♦♦  
 ♦♦♦♦♦ Let me serve a little better ♦♦♦♦♦  
 ♦♦♦♦♦ For the causes I adore; ♦♦♦♦♦  
 ♦♦♦♦♦ In the spirit, not the letter. ♦♦♦♦♦  
 ♦♦♦♦♦ Let me praise a little more. ♦♦♦♦♦  
 ♦♦♦♦♦ Let me be a little braver, ♦♦♦♦♦  
 ♦♦♦♦♦ When temptation tries my ♦♦♦♦♦  
 ♦♦♦♦♦ soul. ♦♦♦♦♦  
 ♦♦♦♦♦ So that I may never waver. ♦♦♦♦♦  
 ♦♦♦♦♦ As I struggle to my goal; ♦♦♦♦♦  
 ♦♦♦♦♦ Let me have more strength to ♦♦♦♦♦  
 ♦♦♦♦♦ labor. ♦♦♦♦♦  
 ♦♦♦♦♦ For the goods surpassing ♦♦♦♦♦  
 ♦♦♦♦♦ self. ♦♦♦♦♦  
 ♦♦♦♦♦ And in thinking of my neigh- ♦♦♦♦♦  
 ♦♦♦♦♦ bor. ♦♦♦♦♦  
 ♦♦♦♦♦ Let me give less thought to ♦♦♦♦♦  
 ♦♦♦♦♦ self. ♦♦♦♦♦  
 ♦♦♦♦♦ —Edgar Daniel Kramer.

## Breakfast Very Important Meal

Although breakfast is the most ♦♦♦♦♦  
 ♦♦♦♦♦ informal meal of the day and in ♦♦♦♦♦  
 ♦♦♦♦♦ most cases the most simple, yet ♦♦♦♦♦  
 ♦♦♦♦♦ is the most important of the three ♦♦♦♦♦  
 ♦♦♦♦♦ meals of the day. It is important ♦♦♦♦♦  
 ♦♦♦♦♦ because the stomach has been ♦♦♦♦♦  
 ♦♦♦♦♦ without food for a long period of ♦♦♦♦♦  
 ♦♦♦♦♦ time and something hot should be ♦♦♦♦♦  
 ♦♦♦♦♦ eaten.

How many housewives stop to ♦♦♦♦♦  
 ♦♦♦♦♦ think that what you prepare for ♦♦♦♦♦  
 ♦♦♦♦♦ breakfast and how you serve it ♦♦♦♦♦  
 ♦♦♦♦♦ goes a long way toward starting ♦♦♦♦♦  
 ♦♦♦♦♦ the day right or wrong.

The appetite usually lags early ♦♦♦♦♦  
 ♦♦♦♦♦ in the morning so breakfast should ♦♦♦♦♦  
 ♦♦♦♦♦ be not only nourishing, but appet- ♦♦♦♦♦  
 ♦♦♦♦♦ izing.

Breakfast covers a wide range ♦♦♦♦♦  
 ♦♦♦♦♦ from black coffee and dry toast ♦♦♦♦♦  
 ♦♦♦♦♦ for those who are watching the ♦♦♦♦♦  
 ♦♦♦♦♦ scales to a breakfast consisting of ♦♦♦♦♦  
 ♦♦♦♦♦ cereals, toast, bacon and eggs. ♦♦♦♦♦  
 ♦♦♦♦♦ The type of breakfast depends up- ♦♦♦♦♦  
 ♦♦♦♦♦ on the individual. If hard manual ♦♦♦♦♦  
 ♦♦♦♦♦ labor is being done more substan- ♦♦♦♦♦  
 ♦♦♦♦♦ tial foods should be eaten. Re- ♦♦♦♦♦  
 ♦♦♦♦♦ gardless of your occupation, the ♦♦♦♦♦  
 ♦♦♦♦♦ stomach demands something hot ♦♦♦♦♦  
 ♦♦♦♦♦ after such a long period of time.

For most of us breakfast is a ♦♦♦♦♦  
 ♦♦♦♦♦ hurried meal, but much can be ♦♦♦♦♦  
 ♦♦♦♦♦ done toward preparing the meal ♦♦♦♦♦  
 ♦♦♦♦♦ the night before. If you are hav- ♦♦♦♦♦  
 ♦♦♦♦♦ ing a cooked cereal it can be ♦♦♦♦♦  
 ♦♦♦♦♦ partially cooked the night before ♦♦♦♦♦  
 ♦♦♦♦♦ and completed in the morning. ♦♦♦♦♦  
 ♦♦♦♦♦ Breakfasts can be made when pre- ♦♦♦♦♦  
 ♦♦♦♦♦ paring your supper the night be- ♦♦♦♦♦  
 ♦♦♦♦♦ fore and placed in the ice box ♦♦♦♦♦  
 ♦♦♦♦♦ and will be ready to bake before ♦♦♦♦♦  
 ♦♦♦♦♦ breakfast.

A period of activity for every ♦♦♦♦♦  
 ♦♦♦♦♦ one is best ahead in the morning. ♦♦♦♦♦  
 ♦♦♦♦♦ There is both physical and mental ♦♦♦♦♦  
 ♦♦♦♦♦ work to be done in the morning, ♦♦♦♦♦  
 ♦♦♦♦♦ consequently there is need for ♦♦♦♦♦  
 ♦♦♦♦♦ foods furnishing energy.

From 1-1/2 to 1-3/4 of the daily ♦♦♦♦♦  
 ♦♦♦♦♦ food requirements should be taken ♦♦♦♦♦  
 ♦♦♦♦♦ in the morning and in order to ♦♦♦♦♦  
 ♦♦♦♦♦ do this more than just black cof- ♦♦♦♦♦  
 ♦♦♦♦♦ fee and dry toast must be eaten.

Cereals are a staple breakfast ♦♦♦♦♦  
 ♦♦♦♦♦ dish and yet in some families they ♦♦♦♦♦  
 ♦♦♦♦♦ are unpopular. They are inexpen- ♦♦♦♦♦  
 ♦♦♦♦♦ sive and a good source of ener- ♦♦♦♦♦  
 ♦♦♦♦♦ gy. They can be varied in their ♦♦♦♦♦  
 ♦♦♦♦♦ cooking. Occasionally add dried ♦♦♦♦♦  
 ♦♦♦♦♦ fruits to the cereal during the last ♦♦♦♦♦  
 ♦♦♦♦♦ period of cooking.

## Sweet Potato Welcomed Vegetable

For some weeks now the sweet ♦♦♦♦♦  
 ♦♦♦♦♦ potato has been a welcome vege- ♦♦♦♦♦  
 ♦♦♦♦♦ table in our markets. It is not us- ♦♦♦♦♦  
 ♦♦♦♦♦ ually found the year round so it ♦♦♦♦♦  
 ♦♦♦♦♦ should be used to advantage when ♦♦♦♦♦  
 ♦♦♦♦♦ present.

The sweet potato is a native of ♦♦♦♦♦  
 ♦♦♦♦♦ tropical America and is grown to a ♦♦♦♦♦  
 ♦♦♦♦♦ great extent in our southern states. ♦♦♦♦♦  
 ♦♦♦♦♦ enormous quantities are consumed ♦♦♦♦♦  
 ♦♦♦♦♦ in the local areas where it is cul- ♦♦♦♦♦  
 ♦♦♦♦♦ tivated and now the general de- ♦♦♦♦♦  
 ♦♦♦♦♦ mand from other parts has greatly ♦♦♦♦♦  
 ♦♦♦♦♦ increased. Although the plant is ♦♦♦♦♦  
 ♦♦♦♦♦ not native to the ordinary potato ♦♦♦♦♦  
 ♦♦♦♦♦ there is nevertheless a ressembl- ♦♦♦♦♦  
 ♦♦♦♦♦ ance in general composition and ♦♦♦♦♦  
 ♦♦♦♦♦ food character.

There are numerous varieties, ♦♦♦♦♦  
 ♦♦♦♦♦ differentiated largely by color and ♦♦♦♦♦  
 ♦♦♦♦♦ character after cooking. Colors ♦♦♦♦♦  
 ♦♦♦♦♦ vary from light yellow to orange. ♦♦♦♦♦  
 ♦♦♦♦♦ Some become dry and mealy on ♦♦♦♦♦  
 ♦♦♦♦♦ cooking. Another kind of sweet ♦♦♦♦♦  
 ♦♦♦♦♦ potato becomes moist, fleshed and ♦♦♦♦♦  
 ♦♦♦♦♦ of sugary consistency. The latter ♦♦♦♦♦  
 ♦♦♦♦♦ type when they are large in size ♦♦♦♦♦  
 ♦♦♦♦♦ are frequently and incorrectly ♦♦♦♦♦  
 ♦♦♦♦♦ called yams. Any large sweet ♦♦♦♦♦  
 ♦♦♦♦♦ potato is often called a yam but ♦♦♦♦♦  
 ♦♦♦♦♦ the real yam is a different tuber ♦♦♦♦♦  
 ♦♦♦♦♦ entirely.

Sweet potatoes should be kept in ♦♦♦♦♦  
 ♦♦♦♦♦ a dry place and care taken to ♦♦♦♦♦  
 ♦♦♦♦♦ avoid bruising.

One of the most desirable ways ♦♦♦♦♦  
 ♦♦♦♦♦ of serving them is baked with ♦♦♦♦♦  
 ♦♦♦♦♦ bananas, pineapple and brown sugar ♦♦♦♦♦  
 ♦♦♦♦♦ over them. Some oven cooking ♦♦♦♦♦  
 ♦♦♦♦♦ experiments have been carried on ♦♦♦♦♦  
 ♦♦♦♦♦ and it was found that sweet pota- ♦♦♦♦♦  
 ♦♦♦♦♦ toes were satisfactory at various ♦♦♦♦♦  
 ♦♦♦♦♦ temperatures. They become more ♦♦♦♦♦  
 ♦♦♦♦♦ moist as the temperature is low- ♦♦♦♦♦  
 ♦♦♦♦♦ ered and they require a slightly ♦♦♦♦♦  
 ♦♦♦♦♦ longer period of time to cook.

## Grains of Pepper

Women's emotions are as a pain ♦♦♦♦♦  
 ♦♦♦♦♦ full of tiny odd-shaped colored ♦♦♦♦♦  
 ♦♦♦♦♦ stones. If carefully chosen and ♦♦♦♦♦  
 ♦♦♦♦♦ painstakingly put together, they ♦♦♦♦♦  
 ♦♦♦♦♦ can be made to form a perfect ♦♦♦♦♦  
 ♦♦♦♦♦ mosaic. If haphazardly scrambled ♦♦♦♦♦  
 ♦♦♦♦♦ they are but worthless chat.

Gentlemen may prefer blondes ♦♦♦♦♦  
 ♦♦♦♦♦ but their preference is kept a dark ♦♦♦♦♦  
 ♦♦♦♦♦ secret if their wives are brunettes.

When men gather curiously ♦♦♦♦♦  
 ♦♦♦♦♦ abides.

When man is good to himself it ♦♦♦♦♦  
 ♦♦♦♦♦ is then he proves to be his own ♦♦♦♦♦  
 ♦♦♦♦♦ enemy.

Man's faults are jewels for the ♦♦♦♦♦  
 ♦♦♦♦♦ enemy's treasury.

A monacle is the window-pane ♦♦♦♦♦  
 ♦♦♦♦♦ thru which the wearer thinks oth- ♦♦♦♦♦  
 ♦♦♦♦♦ ers will see a magnified reflection ♦♦♦♦♦  
 ♦♦♦♦♦ of himself.

It takes more than mere quali- ♦♦♦♦♦  
 ♦♦♦♦♦ fications to make a president of the ♦♦♦♦♦  
 ♦♦♦♦♦ United States and more than one ♦♦♦♦♦  
 ♦♦♦♦♦ spring to make an oak.

## Table Ensemble Is Simplified by New Offerings

Smart new table appointments ♦♦♦♦♦  
 ♦♦♦♦♦ give this year's holiday hostess in- ♦♦♦♦♦  
 ♦♦♦♦♦ creased opportunities for making ♦♦♦♦♦  
 ♦♦♦♦♦ her table a feast for the eyes as ♦♦♦♦♦  
 ♦♦♦♦♦ well as for the appetite. With new ♦♦♦♦♦  
 ♦♦♦♦♦ offerings in colored glassware and ♦♦♦♦♦  
 ♦♦♦♦♦ colored damask, the modern house- ♦♦♦♦♦  
 ♦♦♦♦♦ wife's task of creating an attrac- ♦♦♦♦♦  
 ♦♦♦♦♦ tive and distinguished table en- ♦♦♦♦♦  
 ♦♦♦♦♦ semble is simplified.

Colored glass is an important ♦♦♦♦♦  
 ♦♦♦♦♦ part of table decoration now that ♦♦♦♦♦  
 ♦♦♦♦♦ we have so much imported glass- ♦♦♦♦♦  
 ♦♦♦♦♦ ware and fine domestic reproduc- ♦♦♦♦♦  
 ♦♦♦♦♦ tions of Spanish and Venetian ♦♦♦♦♦  
 ♦♦♦♦♦ glass. American home dealing ♦♦♦♦♦  
 ♦♦♦♦♦ with holiday table appointments. ♦♦♦♦♦  
 ♦♦♦♦♦ The higher priced ware, in any ♦♦♦♦♦  
 ♦♦♦♦♦ color, has a superior clarity and ♦♦♦♦♦  
 ♦♦♦♦♦ brilliance. If this is beyond the ♦♦♦♦♦  
 ♦♦♦♦♦ range of her budget, however, the ♦♦♦♦♦  
 ♦♦♦♦♦ clever hostess will be particularly ♦♦♦♦♦  
 ♦♦♦♦♦ careful to arrange soft lighting for ♦♦♦♦♦  
 ♦♦♦♦♦ her table and so will enhance the ♦♦♦♦♦  
 ♦♦♦♦♦ sparkling quality of her glass.

Damask Cloths in Color ♦♦♦♦♦  
 In most homes the holiday din- ♦♦♦♦♦  
 ♦♦♦♦♦ ner cloth will be damask. Progress ♦♦♦♦♦  
 ♦♦♦♦♦ in dyeing has brought us lovely ♦♦♦♦♦  
 ♦♦♦♦♦ flower shades, orchid, subtle blues, ♦♦♦♦♦  
 ♦♦♦♦♦ pale pinks and yellows, and pearl ♦♦♦♦♦  
 ♦♦♦♦♦ gray, that have revolutionized ♦♦♦♦♦  
 ♦♦♦♦♦ table effects. Another delightful ♦♦♦♦♦  
 ♦♦♦♦♦ new table covering is Devuta lace, ♦♦♦♦♦  
 ♦♦♦♦♦ a peasant lace, made in Italy. This ♦♦♦♦♦  
 ♦♦♦♦♦ is especially suitable for use in ♦♦♦♦♦  
 ♦♦♦♦♦ Spanish and Italian rooms.

The china dinner service must ♦♦♦♦♦  
 ♦♦♦♦♦ have restraint of design for one ♦♦♦♦♦  
 ♦♦♦♦♦ cannot stand too much repetition ♦♦♦♦♦  
 ♦♦♦♦♦ of a strongly emphasized color and ♦♦♦♦♦  
 ♦♦♦♦♦ pattern. In the service plates more ♦♦♦♦♦  
 ♦♦♦♦♦ striking designs are permissible. ♦♦♦♦♦  
 ♦♦♦♦♦ This limited use of bolder pattern ♦♦♦♦♦  
 ♦♦♦♦♦ lends character to the table setting ♦♦♦♦♦  
 ♦♦♦♦♦ without distracting the eye.

Aside from the flat silver, little ♦♦♦♦♦  
 ♦♦♦♦♦ or much silver may be used as ♦♦♦♦♦  
 ♦♦♦♦♦ desired, and possessed. The center- ♦♦♦♦♦  
 ♦♦♦♦♦ piece may be a silver bowl of flow- ♦♦♦♦♦  
 ♦♦♦♦♦ ers, supplemented, perhaps, by salt ♦♦♦♦♦  
 ♦♦♦♦♦ and pepper shakers and compo- ♦♦♦♦♦  
 ♦♦♦♦♦ sites of silver. Candlesticks, too, ♦♦♦♦♦  
 ♦♦♦♦♦ may be of silver. For the larger ♦♦♦♦♦  
 ♦♦♦♦♦ pieces, the American Home arti- ♦♦♦♦♦  
 ♦♦♦♦♦ cle says, pewter may be substituted, ♦♦♦♦♦  
 ♦♦♦♦♦ without decorative loss, as its ♦♦♦♦♦  
 ♦♦♦♦♦ low keyed luster has a charm all ♦♦♦♦♦  
 ♦♦♦♦♦ its own, which is now fully appre- ♦♦♦♦♦  
 ♦♦♦♦♦ ciated.

## Flowers That Bloom in Winter

Many of us who can't afford ♦♦♦♦♦  
 ♦♦♦♦♦ fresh flowers to decorate our ♦♦♦♦♦  
 ♦♦♦♦♦ homes during the winter find a ♦♦♦♦♦  
 ♦♦♦♦♦ way to get the same effect.

## THE INEXPLICABLE

♦♦♦♦♦ Tired fingers toll from morn- ♦♦♦♦♦  
 ♦♦♦♦♦ till night. ♦♦♦♦♦  
 ♦♦♦♦♦ And hardest tasks are ♦♦♦♦♦  
 ♦♦♦♦♦ pleasure. ♦♦♦♦♦  
 ♦♦♦♦♦ Glad eyes find darkest cor- ♦♦♦♦♦  
 ♦♦♦♦♦ ners bright. ♦♦♦♦♦  
 ♦♦♦♦♦ Hands give their richest ♦♦♦♦♦  
 ♦♦♦♦♦ treasure. ♦♦♦♦♦  
 ♦♦♦♦♦ Feet travel roads of tears and ♦♦♦♦♦  
 ♦♦♦♦♦ pain. ♦♦♦♦♦  
 ♦♦♦♦♦ Gifts of affection bringing ♦♦♦♦♦  
 ♦♦♦♦♦ Love is a thing you can't ex- ♦♦♦♦♦  
 ♦♦♦♦♦ plain. ♦♦♦♦♦  
 ♦♦♦♦♦ But it keeps the old world ♦♦♦♦♦  
 ♦♦♦♦♦ singing. ♦♦♦♦♦

## Pointers for Parents

A study of the stories which lit- ♦♦♦♦♦  
 ♦♦♦♦♦ tle children tell illustrates the ♦♦♦♦♦  
 ♦♦♦♦♦ large part which adventure or ex- ♦♦♦♦♦  
 ♦♦♦♦♦ ploration plays in the life of the ♦♦♦♦♦  
 ♦♦♦♦♦ small child. We find that they ♦♦♦♦♦  
 ♦♦♦♦♦ tell tales of wonderful things that ♦♦♦♦♦  
 ♦♦♦♦♦ they have done. Heroic adventures ♦♦♦♦♦  
 ♦♦♦♦♦ often characterize a child's dreams.

It seems possible that the dreams ♦♦♦♦♦  
 ♦♦♦♦♦ of boys and girls may be some- ♦♦♦♦♦  
 ♦♦♦♦♦ times be confused with the real ♦♦♦♦♦  
 ♦♦♦♦♦ experiences. Children very earnestly ♦♦♦♦♦  
 ♦♦♦♦♦ tell us such things as that they ♦♦♦♦♦  
 ♦♦♦♦♦ have ridden on an elephant, or ♦♦♦♦♦  
 ♦♦♦♦♦ that they have boldly ♦♦♦♦♦  
 ♦♦♦♦♦ walked up to Santa Claus and ♦♦♦♦♦  
 ♦♦♦♦♦ threatened him. This should never ♦♦♦♦♦  
 ♦♦♦♦♦ be confused with lying. It is sim- ♦♦♦♦♦  
 ♦♦♦♦♦ ply an imaginative expression of ♦♦♦♦♦  
 ♦♦♦♦♦ growing ego.

Mother knows that oatmeal and ♦♦♦♦♦  
 ♦♦♦♦♦ whole grain cereals are particu- ♦♦♦♦♦  
 ♦♦♦♦♦ larly nutritious and economical ♦♦♦♦♦  
 ♦♦♦♦♦ and altogether desirable for her ♦♦♦♦♦  
 ♦♦♦♦♦ children. She keeps several kinds ♦♦♦♦♦  
 ♦♦♦♦♦ on hand so as to serve a different ♦♦♦♦♦  
 ♦♦♦♦♦ one almost every day of the week. ♦♦♦♦♦  
 ♦♦♦♦♦ She cooks the cereals thoroughly, not ♦♦♦♦♦